



Explosive Sports Performance

It's Time To Unleash Your Potential!

Start Date: January 5, 2015

Mondays, Wednesdays, Fridays: 6am-6:45am

Wednesdays: 5:30pm-6:15pm or Saturdays: 8am-8:45am

REAL FITNESS

R.E.A.L. Fitness Challenge is a high intensity, circuit style class that is going to test your physical and mental toughness. It will be difficult but it is not going to beat you into the ground. Not only will it challenge you individually but it will be a challenge against others. Friendly competition to help each other reach your own personal goals.

Program Highlights

- **REA**CH YOUR FITNESS GOALS
- **EMP**OWER YOURSELF TO
- **ACC**OMPLISH NEW FEATS OF
- **LIV**ING A HEALTHY LIFESTYLE

COST:

2 CLASSES PER WEEK PER MONTH: \$30

UNLIMITED CLASSES PER WEEK PER MONTH:

\$50

For Ages 18+

Contact Andrew:

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Explosive Sports Performance

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